

GROW BUT GREEN
Ideas for youth,
sustainable and
ecologic enterprises

INFOPACK FOR
PARTICIPANTS

August 31st - September 8th
Ostello Parco Monte Barro
Galbiate (Lecco) Italy

Dear participant,

We are looking forward to meeting you during '**Grow but green, Ideas for youth, sustainable and ecologic enterprises**' which will take place in **Galbiate (Lecco), Italy**, from **August 31st to September 8th 2019**.

Grow but green (GBG) is a **Youth Exchange**, which is definable as a special learning experience (carried out through non-formal education) where your active participation is essential.

Grow but green is organized by **Legambiente**, the main environmental association in Italy. It will be led by Legambiente Lecco – which is, as the name suggests, Lecco's local Legambiente headquarter. The idea that we would like to convey through this Youth Exchange is that **a different and sustainable way of doing business is actually possible**, and we would like to help young people to see how this could be feasible in order to stimulate an entrepreneurship that is in line with environmental sustainability-related values.

In this InfoPack we have tried to collect all the most important aspects concerning the practicalities. Please read it carefully and do not hesitate to send us an e-mail at progettieuropi@legambientelecco.it if you have any further question.

Remember that the **attendance** in all the activities is mandatory and that an active participation is expected from you in all the activities of the Exchange.

Also please do remember that **the project covers the travel costs up to 275€ (for everybody except for Italian participants) as well as meals and accommodation** (both for everybody), but any other expense must be covered by you personally.

It is also VERY IMPORTANT that you keep your travel ticket in order to be reimbursed!

PARTICIPANTS AND ACTIVITIES

The project will be joined by youngsters from **Italy, Ukraine, Serbia and Spain**. Each national group will be composed of 6 people, for a total of **24 people** joining Grow but Green.

The Youth Exchange is open to participants **from 21 to 30 years old**. Some exceptions could be made for people from 18 to 21 years old, but they have to be discussed with the sending organization.

The program of GBG will include several activities, distributed throughout the nine days of the Exchange:

- Ice-breaking games and energizers at the beginning of each session (morning and afternoon), meant to stimulate group cohesiveness, especially during the first days;
- Exchange of ideas and good practices alongside participative discussions on sustainability (what it means, how it works, how it can be translated into reality, etc.);
- Short walks in the surrounding environment to show its beauty;
- Screenings of documentaries about sustainability;
- If feasible, a “sustainable treasure hunt” in the hostel;
- Interviews with young entrepreneurs from the Lecco area owning/working in sustainable businesses;
- Last but not least, the development of a business plan for a sustainable enterprise.

The language of the Youth Exchange will be **English**.

THE VENUE AND THE MEALS

The Youth Exchange will take place in **Ostello Parco Monte Barro** (<http://www.ostelloparcobarro.it/?lang=en>), an eco-hostel led by Legambiente Lecco itself according to environmentally sustainable values and parameters. It is located in the middle of Regional Park Monte Barro, settled at 750m above sea level.

The hostel is located in an ancient hermitage, with only a small church from the 16th century being left of it. The local facilities consist in 1) the above-mentioned church (rarely open), 2) the hostel itself, 3) a bar-restaurant, which is often (but not always) open and 4) an archeological museum. When the bar is closed, a small fair-trade bazaar will also be available inside the hostel's reception.

Being in a hermitage means that **we will be isolated**: we will live in a very beautiful and uncontaminated environment, far from the city life. Nature (and your fellow participants) will be your company in those days.

Speaking of the hostel, you will be lodged in its Squirrel section (settore Scoiattolo in Italian), equipped with double, triple, quadruple shared rooms and toilets shared by all the guests staying in the section (i.e. participants of the Youth Exchange and staff members) which are on the same floor.

The meals will be vegetarian only - a decision taken in line with the topic of the Exchange, since the consumption of meat is not very environmentally sustainable. We promise meals will provide you a good deal of variety and will feel tasty even to the omnivores, though 😊. Please do remember to fill out the form document about special dietary needs (religion-related restrictions, allergies, etc.) and send it back to us or to your sending organization.

Free WI-FI is available in the common areas (but not in your rooms). Once you arrive at the hostel, we will provide you the password and other information.

Towels and sheets will be provided once at the beginning of the Youth Exchange. Keep them wisely!

WHAT TO BRING

We kindly ask you to bring:

- Shampoo, gel, toothpaste, hairdryer, etc., but you don't need to bring towels;
- Warm clothes. We are still in a mountain environment. Normally the temperature rises quite high (more than 30°C), but in case of rain it can lower fast.
- Comfortable shoes (mountain boots if possible);
- A water bottle to keep with you during the activities;
- A torch/light (we will be taking a walk in the woods one night);
- Spray against mosquitos;
- Sunscreen;
- Non-perishable food from your country (more about that in the next page);
- Positive attitude!

MEETING POINT

As stated, Grow but Green will start on **August 31st**.

The meeting point will be the **Lecco railway station at 17.00**. For those coming from Bergamo and Milano (probably most of you), there are good train combinations to arrive by that time (check in: <http://www.trenitalia.com/tcom-en>). It is absolutely necessary that you are there on time. Anyway, if any of you have problems to reach us on time, please contact us in advance and we will try to find a solution.

We will be waiting for you at the square in front of the railway station (you can see a bus stop across the street from there) wearing a yellow t-shirt with the Legambiente green swan logo on it. Since there are no public means of transportation that arrive directly at the hermitage, we will move there in two turns with a van and a couple of cars. The roundtrip will take around 30 minutes.

Regarding the day of departure, we will organize the transportation back to Lecco train station according to the times of the means you will use to go back home, but the idea is to leave the hostel between 8.00 and 10.00 am.

MISCELLANEOUS INFO

In order to ensure a fruitful Youth Exchange, **you don't need any special knowledge**: your cooperation as participants alone will lead you to learn something new through the different activities, as days go by. Nevertheless, there are some workshops where you will be asked to share some information about your country, therefore please brainstorm about this:

- What kind of good practices has my country developed to encourage sustainable entrepreneurship? What improvements could be made to promote it?
- Which enterprises from your country have had good ideas, good inventions, good tips that could be worth sharing with the others?
- What business model have these enterprises adopted, and which are their main revenue-generating activities?

Moreover, we would like to organize a **multi-ethnic dinner** one evening.

Therefore, we invite you to bring some non-perishable food that is typical in your country, which we will store in the hostel fridge if necessary. The more we have, the funnier it will be to discover different cultures through food.

For any need/question/doubt, you can send us an e-mail:

progettieuropi@legambientelecco.it

Or give us a call: Loreto Garcia Saiz – ph. +34 678 22 44 79

We wish you a pleasant journey and look forward to meeting you.

A presto!